

THE POOLS @ ROSEMARY - SUMMER 2022

Register online at www.needhamprograms.com



SUMMER 2022

This year we will be bringing back even more to the Pools @ Rosemary. Family Swims, Lap Swimming, Swim Lessons, Swim Team, Stroke Clinics, Family Fun Nights & More!

We are so happy to not have any COVID related restrictions! However, like everyone else, we have some concerns about our ability to have enough staff throughout the summer. If we have lower staff numbers, we will reduce our capacity limits or reduce the number of hours per day we open. We will be keeping a close eye on our staffing numbers and will adjust as needed. If you know anyone that would like to work at the Pools, send them our way!

SUMMER DATES

June 17 - 19 | Soft Opening

June 24 | Grand Opening!

June 25 - August 12 | Summer Season



SUMMER 2022 - POOL HOURS & RATES

2022 POOL HOURS	WEEKDAYS	WEEKENDS
LAP SWIM / WATER WALKING	7:00AM - 10:00AM	10:00AM - 12:00PM*
FAMILY SWIM	Slot 1: 1:15PM - 4:15PM Slot 2: 4:30PM - 7:30PM	10:00AM - 6:00PM

*Diving Board not available at during this time frame.

2022 MEMBERSHIP RATES	NEEDHAM RESIDENTS	NON-RESIDENTS
FAMILY <i>This membership includes 2 adults (21+) and up to 6 children (0-20 years) living in the same household.*</i>	\$450	\$800
INDIVIDUAL <i>This membership includes 1 adult (21+)</i>	\$200	\$425
SENIOR <i>This membership includes 1 senior (60+)</i>	\$100	\$180
2022 DAILY RATES	NEEDHAM RESIDENTS	NON-RESIDENTS
MONDAY - FRIDAY <i>These rates will apply to one 3 hour time slot.</i>	\$10 (ages 3-59) \$5 (ages 60+) Max. \$40 per family	\$20 (ages 3-59) \$10 (ages 60+) Max. \$80 per family
SATURDAY & SUNDAY <i>These rates will apply the entire 6 hour day.</i>	\$20 (ages 3-59) \$10 (ages 60+) Max. \$80 per family	\$30 (ages 3-59) \$15 (ages 60+) Max. \$120 per family

*If you have additional family living in your household, please contact the Park & Recreation Director, Stacey Mulroy, at smulroy@needhamma.gov.

AMERICAN RED CROSS SWIM LESSONS

DEFINITIONS

Adult & Child Water Fun (ages 12 months to 3 years)

- Orientation to water for toddlers and their favorite adult.
- Swimmers learn how to use floating objects for support and explore different water movements through games, song and active water play.



Little Sharks (ages 3-5 years)

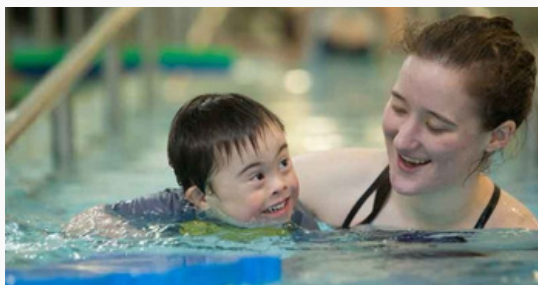
- Swimmers learn, through fun games and songs, how to combine skills, how to kick with buoyant object and how to perform basic floats, glides and kicks.

Level 1 - Exploring the Water (ages 5+)

- Prerequisite – None
- Learn skills to feel more comfortable in the water and develop good swimming habits and safe practices around the water.
- Elementary aquatic skills are introduced – entering and exiting the water, submerging mouth, nose and eyes, blowing bubbles through the mouth and nose, bobbing in the water, front and back floating, beginning to learn front and back swimming using arms and legs, retrieving objects underwater.

Level 2 - Fundamental Aquatic Skills (ages 5+)

- Prerequisites – can do some skills unsupported, even if for only a few seconds, can comfortably submerge mouth, nose and eyes and blow bubbles
- Front and back glides and floats.
- Jellyfish and tuck floats.
- Treading water with arm and leg actions.
- Developing swimming with the front and back crawl.
- Entering the water by jumping or stepping from the side.



Level 3 - Stroke Development (ages 5+)

- Prerequisites – can swim on front and back unsupported for 15 feet with alternating arm action and continuous kicking; can float and glide unsupported and bob fully submerged 5 times.
- Submerge and retrieve objects.
- Treading water using the scissors kick.
- Coordinate the front crawl and back crawl.
- Survival float
- Flutter, scissor, dolphin and breaststroke kicks.
- Head-first entries from the side – kneeling and sitting positions.

Level 4 - Stroke Improvement (ages 5+)

- Prerequisites – can swim front crawl at least 15 yards, back crawl 15 yards and butterfly kick, breaststroke kick at least 15 yards; can do kneeling dive and tread water for at least 30 seconds.
- Develop confidence, coordination and strength in the strokes learned in Level 3.
- Coordination and control in all six strokes (front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke).
- Swimming underwater.
- Feet first surface dive.
- Treading water using 2 different kicks.
- Open turns.
- Head first entries from the side.

Level 5 - Stroke Refinement (ages 5+)

- Prerequisites – can swim front crawl with rotary breathing and back crawl at least 25 yards, breaststroke, butterfly, elementary backstroke and sidestroke at least 15 yards; strokes should have all the elements and only need refinement; can do standing dive and tread water at least one minute.
- Refinement of all six strokes (front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke).
- Flip turns on front and back.
- Tuck and pike surface dives.
- Swimming longer distances.

AMERICAN RED CROSS SWIM LESSONS

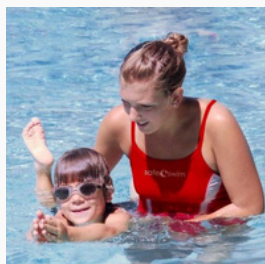
LEARN-TO-SWIM CLASS SCHEDULE

Adult/Child

8:30AM - 9:00AM	9:15AM - 9:45AM
10:00AM - 10:30AM	Not Available
Not Available	12:15PM - 12:45PM

Little Sharks

8:30AM - 9:00AM	9:15AM - 9:45AM
10:00AM - 10:30AM	10:45AM - 11:15AM
11:30AM - 12:00PM	Not Available



Level 1

8:30AM - 9:00AM	9:15AM - 9:45AM
10:00AM - 10:30AM	10:45AM - 11:15AM
11:30AM - 12:00PM	12:15PM - 12:45PM

Level 2

8:30AM - 9:00AM	9:15AM - 9:45AM
10:00AM - 10:30AM	10:45AM - 11:15AM
11:30AM - 12:00PM	12:15PM - 12:45PM

Level 3

Not Available	9:15AM - 9:45AM
10:00AM - 10:30AM	10:45AM - 11:15AM
11:30AM - 12:00PM	12:15PM - 12:45PM

Level 4

Not Available	Not Available
Not Available	10:45AM - 11:15AM
11:30AM - 12:00PM	12:15PM - 12:45PM



Level 5

Not Available	Not Available
Not Available	10:45AM - 11:15AM
11:30AM - 12:00PM	12:15PM - 12:45PM

Lesson Information

Member Fee - \$100 per session

Non-Member Fee - \$200 per session

Due to staffing limitations, lessons are only available for Needham residents.

Session 1: July 5 - July 15, 2022

Session 2: July 18 - 29, 2022

Session 3: August 1 - August 12, 2022

STROKE CLINICS

Ages 6-10

10:30AM - 11:30AM

Ages 11-18

11:30AM - 12:30PM

Stroke Clinic Dates

Session 1: July 5 - July 8

Session 2: July 11 - July 15

Session 3: July 18 - July 22

Session 4: July 25 - July 29

Session 5: August 1 - August 5

Session 6: August 8 - August 12

Stroke Clinic Fees

Members

\$100 Per Session

Non-Members

\$150 Per Session

Due to staffing limitations, lessons are only available for Needham residents.

FAMILY FUN FA-WEDNESDAYS



CELEBRATE THE SUMMER!

Family Fun Days return to the Pools at Rosemary this year! Come spend three (3) Wednesdays this summer with us at the pools and enjoy a shakeup from the usual Rosemary fun. We'll be running games and activities on the beach, playing fun music over the speakers, and we are even hoping to bring in some local food trucks! Family Fun Days will be starting at 1:15PM. We can't wait to celebrate the summer with you on:

July 13 ~ July 27 ~ August 10



ADMISSIONS & REGISTRATIONS

The Pools at Rosemary

Pool updates will be posted first on our Facebook page. Be sure to like us at www.facebook.com/NeedhamRecreation

- Members will be allowed to pre-register for weekday (Monday – Friday) time slots. 50 percent of weekday capacity will be reserved for those members who pre-register. The additional 50 percent of our capacity Monday through Friday will be open for walk-in swimmers.
- There is no pre-registration available for weekend pool use. Pool use will be on a first come, first-served basis on Saturdays and Sundays.
- Only Pool Members will be able to pre-register for pool use Monday through Friday. Non-members will only be allowed to walk in if capacity allows. Memberships are still available.
- Our pool capacity is 350 people.
 - Why is this?
 - Massachusetts state code requires there is 1 lifeguard for every 25 swimmers. We have 12 lifeguards in rotation (not including the slides), which means we have a swimmer capacity of 300. We are increasing that number to 350, realizing that not every single person will be in the water at the same time.
 - Why don't the slide monitors count?
 - The slide monitors are only focusing on 1 swimmer at a time and are not allowed to guard other areas of the pool while monitoring the slide.

ADMISSIONS & REGISTRATIONS

2022 RESERVATION POLICIES

RESERVATIONS	POOL MEMBERS	NON-MEMBERS
LAP SWIMMING & WATER WALKING	Pre-registration will begin the Wednesday before the following Monday – Sunday <i>(ie. You can register on June 22 for the week of July 5th)</i>	Walk-in only.
FAMILY SWIM – WEEKDAYS	Pre-registration will begin the Wednesday before the following Monday – Friday <i>(ie. You can register on June 22 for the week of July 5th)</i>	Walk-in only
FAMILY SWIM – WEEKENDS	No pre-registration allowed, only walk-ins	Walk-in only.

- Reservations will begin on Wednesday, 12:00pm before the following week:

Members can pre-register on:	For the week of:
June 22 nd	June 27 th
June 29 th	July 4 th
July 6 th	July 11 th
July 13 th	July 18 th
July 20 th	July 25 th
July 27 th	August 1 st
August 3 rd	August 8 th
August 10 th	August 15 th

FREQUENTLY ASKED QUESTIONS

- Will your hours change for the weekend of July 4th?
 - Yes. There are no pre-registrations, only walk-ins.

- Saturday, July 2, 10:00am - 6:00pm
 - **Normal hours**
- Sunday, July 3, 10:00am - 2:00pm
 - **Closing early for the Fireworks!!**
- Monday, July 4, 1:00pm - 6:00pm
 - **Opening late for the Parade!!**



- Are floaties or pool toys allowed?
 - Floatation devices and pool toys are not permitted for safety purposes.

- What happens if there is thunder or lightning?
 - When lighting strikes within 10 miles of the pool, the pool will be closed and will re-open 30 minutes after the last strike within 10 miles. The staff uses the WeatherBug app to confirm thunder or lightning the area. You can download the app for free!



- Where do I register for swim lessons?
 - Swim lessons and memberships can be registered online at www.needhamprograms.com.

- Is the lap pool closed during swim team?



- Yes, the lap pool will be closed for swim team practice and meets Monday-Thursday after 5pm during season. (If the team has an Away Meet, the lap pool will be open for everyone.)

- Can I bring food/drinks in?
 - Yes, but **NO** glass or ceramic containers, glasses, etc. are permitted at the pool.



cups,

FREQUENTLY ASKED QUESTIONS

- Can I reserve space at the pool for a birthday party?
 - No, the pool can not be rented for private events.
- If I have a membership can I bring guests?
 - Guests of members may pay the daily admission fee.
- Is there any COVID restrictions?
 - We follow all current federal, state, and local Covid-19 guidelines. But for the safety of everyone, please stay home if you are feeling sick.
- How old does my child need to be to go to the pool without an adult?
 - 14 years old and pass the swim test this summer.
- Does my child need to take a swim water test?
 - If your child plans to go in the lap pool or down the slide, they must complete a swim test and be given a wristband by a lifeguard.



- Is the pool heated?
 - Well? It depends on if the sun is out!
- Do you have locks available for the lockers?
 - No, we do not rent locks. Personal locks can be used on lockers during time of visit.
- Do you have a lost and found?
 - Yes, lost and found is located at the registration booth.
- Can I smoke while at the pool?
 - Smoking is not permitted in or around the facility. There is no smoking in our parking lots.



FREQUENTLY ASKED QUESTIONS

- Is there a discounted rate if we only take 1 week of swim lessons?
 - No, we do not offer prorated discounts.

- Are the pools handicap accessible?
 - Yes! Our family pool has a zero-depth entry, and we have a chair lift for access to both pools. In addition, this year, we were able to receive a grant to purchase this floating wheelchair! Check out this video to see how it works.

www.youtube.com/shorts/mg7iQMT0gN4



- Are memberships refundable?
 - Memberships on non-refundable. All emergency requests must be approved by the department manager.
- Why is the system not finding my account?

- The Town of Needham moved to a new registration software last September. If you have not created an account since this change of software, you must create a new account at www.needhamprograms.com.



Welcome to Town of Needham - Community Programming



- Are swim diapers required for children who aren't potty-trained?
 - Yes, and we have some available for purchase should you forget yours.

**We can't wait to
see you!!**

